



A STUDY TO EVALUATE THE EFFECTIVENESS OF A PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ADJUSTMENT PROBLEMS OF ADOLESCENTS AND ITS MANAGEMENT AMONG STUDENTS OF SELECTED PRE-UNIVERSITY COLLEGES, BELLARY, KARNATAKA

Haseena begum SM*, Thulasi E, Anusha G, Sujatha V, Shalini R

Sri Venkateswara College of Nursing, RVS Nagar, Chittoor, Andhra Pradesh, India.

ABSTRACT

Alcoholism, depression and suicide are common adjustment problems among adolescents and they are worldwide problems not confined either to developed or to developing nation. The present study was aimed to evaluate the effectiveness of a planned teaching programme on knowledge regarding adjustment problems of adolescence and its management among students in a selected pre-university college Bellary, Karnataka.. A one group per test-post design (pre-experimental design) was used for this study. 60 adolescence were selected by simple random sampling technique. The study was found that there was significant difference between pre test and post-test knowledge score regarding adjustment problems among the adolescence. Therefore it is inferred that adolescence had significantly gained knowledge after the structured teaching programme, thus evaluated that planned teaching programme was effective.

Key words: Alcoholism, Depression, Suicide Adolescence.

Corresponding Author

Haseena begum SM
Email:- haseenasvcon@gmail.com

Article Info

Received 28/12/2014; Revised 16/01/2015
Accepted 16/02/2015

INTRODUCTION

“Stitch in time saves nine”

As our president Dr. A.P.J. Abdul Kalam after refers “future of nation’s lies in the hands of our youth” for achieving this the youth must be physically and mentally healthy. The nation expects many things from the younger generations for its development. Adolescents are the specific group of people in the society to carry out many developmental tasks and resolve the problems of the nation. As the adolescents spend more time with their peer group; positive influence from peer is very essential. They like arrogant self appraisal and grandiose sense of self. It enhances their self esteem both positively and negatively to the achievements. Adolescents group contributes major parts of the population and they need to be support their self esteem to be protected. It is period of depending to independency and wish take up the decision making authority with full pledged responsibility. But sometimes

they themselves land up in problems because of confusions, dilemmas ambivalent thoughts and pessimism about their future life and they experience serve adjust mental problems [1].

The common adjust mental problems are

Depression ,Alcoholism, Suicide(attempted and completed), Drug abuse, bipolar affective disorder(BPAD),Violence, Homicide, Rape, Robbery, Aggravated assault, Juvenile delinquency, Sexual abuse, Phobia (Agro phobia, social phobia),Conduct disorders, Schizophrenia. The study of adjust mental problems among adolescence is essential because directly or indirectly it will effect this group [2].

“The future of nation”

Adolescence is a period of drastic changes in physical, social mental status leading to change in self



concept; self concept is a dominant element in determining personality's pattern and quality of life of adolescence. If there is low self concept it will leads to adjust mental problems [3].

Suicide, depression and alcohol use are three phenomenons' that noticeably increase in adolescence making this time period as an ideal opportunity for prevention efforts to commence. Hence the investigator planned to import the knowledge by conducting planned teaching programme to adolescence [4].

Objectives

- To assess the knowledge among adolescence regarding adjustment problems of adolescence before the planned teaching programme measured by structured interview techniques.
- To develop and conduct planned teaching programme.
- To evaluate the effectiveness of planned teaching programme by post test knowledge scores.
- To find the association between the knowledge scores and selected demographic variables.

METHODOLOGY

Research Design

A quasi-experimental design with one group pre-test and post-test was chosen for this study. Observation was made before and after planned teaching programme.

Setting of the Study

The study was conducted on PUC students of Indian, Sri Chaitanya PU College in Bellary, Karnataka.

Sample Size

In this study sample size was 60 adolescence studying in selected PU colleges in Bellary.

Sampling Technique

The samples were selected by simple random technique.

Description of the Tool

The instrument consists of two parts.

Part-I: Consists of demographic variables age, religion, educational status of the father, occupations status of the father, monthly income, type of the family, location of family, place of residence, and any alcoholic related person within the family.

Part-II: The structured questionnaire consists of 45 multiple questions to evaluate the knowledge regarding adjustment problems of adolescence and its management among PUC students.

Score Interpretation

The score interpretation is as follows.

It consists of 45 questions related to knowledge

Each "right answer" scores one mark.

Each "wrong answer" scores 0 mark

Table 1. Score interpretation

Level of knowledge	Range of score	Percentage
Adequate	34-45	76-100
Moderately adequate	23-33	51-75
In adequate	1-22	Below 50

Table 2. Frequency and percentage distribution of PUC students according to Pre test level of knowledge regarding adjustment problems of adolescence and its management

N=60

SL.NO	Level of Knowledge	Girls		Boys	
		Number	Percentage	Number	Percentage
1	Adequate	-	-	-	-
2	Moderately adequate	18	60.0	21	70.0
3	Inadequate	12	40.0	9	30.0
Total		30	100.0	30	100.0

Among 30 boys 21(70%) had moderately adequate knowledge and 9(30) had inadequate knowledge and none of them had adequate knowledge regarding the adjustment problems of adolescent and its management before teaching programme.

Table 3. Frequency and percentage distribution of PUC students according to Post test level of knowledge regarding adjustment problems of adolescence and its management

N=60

SL.NO	Level of Knowledge	Girls		Boys	
		Number	Percentage	Number	Percentage
1	Adequate	24	80.0	2	6.67
2	Moderately adequate	6	20.0	28	93.33
3	In adequate	-	-	-	-
Total		30	100.0	30	100

Among 30 boys 28 (93.33%) had moderately adequate knowledge, 2(6.67%) had adequate knowledge and none of them had inadequate knowledge regarding the adjustment problems of adolescent and its management after teaching programme.



Table 4.comparison of mean and standard deviation of pre and post–test knowledge scores among PUC girls on different aspects of adjustment problems of adolescence and its management

N=30

SL.NO	GIRLS	Pre-test		Post-test		Enhancement		Student's paired t-test
		Mean	SD	Mean	SD	Mean	SD	
1	Alcoholism	7.57	2.36	8.43	2.27	0.87	1.63	2.904
2	Depression	8.07	1.53	8.37	1.45	0.30	.84	1.964
3	Suicide	8.80	2.31	9.60	2.18	0.80	2.04	2.147
Over all		24.43	5.11	26.40	4.62	1.97	3.61	2.980

HS, P=0.000, df = 29

Among 30 girls the over all mean knowledge score in pre-test was 24.43 with a standard deviation of 5.11, in post-test the mean knowledge score was 26.40 with a standard deviation 4.62. Difference between them was the mean knowledge score of 1.97 with a standard deviation 3.61, and found to be statistically significant t value was 2.980, highly significant p value was 0.000.the findings indicated that PTP was effective.

Table5.comparison of mean and standard deviation of pre and post-test knowledge score among PUC boys on different aspects of adjustment problems of adolescence and its management.

N=30

SL.NO	BOYS	Pre-test		Post-test		Student's paired t-test
		Mean	SD	Mean	SD	
1	Alcoholism	7.37	2.09	9.77	1.57	9.705
2	Depression	8.00	1.98	9.33	1.40	4.085
3	Suicide	8.80	2.31	10.03	2.61	2.392*
Over all		24.17	5.22	29.13	3.95	6.275

NS, P=0.000, df =29 *p=0.023

Among 30 boys the overall mean knowledge score in pre-test was 24.17 with a standard deviation of 5.22, in post-test the mean knowledge score was 29.13 with a standard deviation of 3.95 and found to be statistically significant t value was 6.275, significant p value was 0.023, non significant p value was 0.000.the findings indicated that PTP was effective.

DISCUSSION AND CONCLUSION

The results revealed the fact there was significant difference between pre test and post-test knowledge score regarding adjustment problems among the adolescence. Therefore it is inferred that adolescence had significantly gained knowledge after the structured teaching programme.

The study findings revealed that planned teaching programme was effective among students in selected PU colleges, Bellary .This type of educational programme can improve the student's knowledge and create awareness in the common adjustment problems among adolescence such as alcoholism, depression, suicide and its management

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